

THE PORCELAIN PRESS

December Weeks 3&4

Special Points of Interest

- “Accelerate to a Healthy Lifestyle” through the end of December. Go to the ES&H Web page, log minutes and win prizes!
- Free weekly Tai Chi Classes are ongoing at Fermilab. For a great way to reduce stress and stay in shape, contact Seton Handville at shandvi@fnal.gov or at x2152

ES&H Concern or Suggestion?

Talk to your supervisor or SSO or submit ideas from the ES&H homepage, click ES&H Concerns/ Suggestions in the lower left hand column.

Holiday Stress

A time of festivities, shopping, entertaining, religious observances, family gatherings, and decorating, the holiday season can be full of excitement and promise. However, with this time of year inevitably comes stress.

For many, the first signs of holiday stress emerge around Halloween, when stores start stocking shelves with Christmas decorations and candies. People begin to feel the clock ticking and that there is not enough time to fit everything in. We often have higher expectations for this time of year than for any other, which places even more pressure on us and increases the likelihood we may end up disappointed.

Signs of stress may include feeling impatient, appetite disturbance, crankiness, sleep difficulty, worry, and depression. Some people also experience physical symptoms such as muscle tension, headache, fatigue or stomach aches. Children are not immune to this stress. Parents set the pace for their kids, and they too can feel the sense of urgency.



Consider the following measures to control holiday stress:

- Let go of unrealistic expectations. Don't worry about things out of your control.
- Exercise. A few extra minutes of exercise a day can benefit your overall health.
- Eat Nutritional food. Decrease the amount of fat and sugar you eat.
- Try to get eight hours of sleep each day.
- Problem solve with people around you. Ask them to help you alleviate stress.
- Simplify; Laugh. Laughter reduces stress and prolongs quality of life.
- Watch a comedy, read a funny book or hang out with giggling children.
- Meditate or take a class in relaxation and stretching techniques --like Tai Chi or Yoga.

Slipping On Ice

Remember: slipping on ice or snow is a major cause of winter accidents at Fermilab. Below are a few suggestions from ES&H personnel to help prevent these accidents:

- Avoidance and/or removal are the obvious keys to prevention.
- Be aware that icy patches can thaw during the day and refreeze at night.
- Watch for this problem on slopes where run off from melting has occurred.
- Repeated treatments with salt and/or sand may be needed.
- Building managers should keep containers of salt near building entrances.
- Building occupants should toss salt onto ice and snow near entrances.
- Take smaller flat-footed steps and wear appropriate footwear.

